

# Ham and Eggs

Ham and eggs is a classic dish. Eggs can be dyed green in honor of St. Patrick's Day. Doesn't add to the appeal, or the flavor. Ham slices can be smothered in fried or scrambled eggs and covered in gravy or syrup. Other people like to chop the ham and mix it in the eggs, for a delicious mix to place in a burrito shell. Since most soft shells are not gluten free, this recipe will cover a basic omelet that would be suitable for a shell. Ham and eggs can be eaten alone or as part of a larger meal.

## Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

## Meal Adaptations:

### Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

### Visual Accommodations:

Colored chopping boards

## Potential Food Allergy or Intolerance:

Beef

Broccoli

Butter (lactose)

Cheese (lactose)

Chicken

Eggs

Mushrooms

Onions

Pepper

Pork

Potatoes

Spices

**Meatless Preparation Avoid:****Butter****Cheese****Pork****Substitute with: \_\_\_\_\_****Utensils:****Chopping board****Fork****Paring knife****Pot holders****Spatula****Spoon****Pan:****8 inch frying pan, or****Electric griddle****Ingredients:****Meat:****Chopped ham****5 eggs****Vegetables:****Fried potatoes****Optional:****2 tablespoons of mushrooms****2 tablespoons of onions****Other ingredients:****Dash of salt****Spices, such as pepper, to taste****Optional:****2 tablespoons of cheese****Preparation time: 10 minutes**

**Preparation:****1. Chop:****Ham****Optional:****2 tablespoons of mushrooms****2 tablespoons of onions****2. Add oil if cooking on the stove.****3. Scramble eggs with:****Ham****Dash of salt****Spices, such as pepper, to taste****Optional:****2 tablespoons of cheese****2 tablespoons of mushrooms****2 tablespoons of onions****4. Cook on medium heat****Or at 350 degrees on the electric griddle.****Cook Temperature:****On stove: medium heat****On electric griddle: 350 degrees****Cook Time: 15 to 20 minutes****Servings: 2****Storage Solutions: Square containers in individual servings with or without vegetables****Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer****Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources****Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.